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caglar juan singletary hardcore strength+Conditioning routine

Caglar Juan Singletary’s training approach focuses heavily on functional strength, dynamic conditioning, and high-intensity interval training (HIIT). His personal philosophy stresses proper technique, mental toughness, and a holistic mindset to build a well-rounded and resilient physique.

CliffsNotes +1

The following comprehensive weekly routine is modeled after the hardcore functional conditioning programs and athletic performance splits used in his coaching.

CliffsNotes +1

♂Weekly Routine Overview

To build maximum engine capacity and total-body power, this program splits your week into dedicated strength, explosive power, and high-intensity conditioning blocks.

CliffsNotes +1

DayWorkout TypeFocus

Monday

Upper Body Power

Heavy pressing, pulling, and core stability

Tuesday

HIIT & Conditioning

Engine building, aerobic capacity, and fat burn

Wednesday

Lower Body Strength

Posterior chain development and quad power

Thursday

Active Recovery
Mobility, stretching, and low-impact steady cardio
Friday
Full Body Complex
Functional stamina, explosive movements, and grit
Saturday
Core & Aerobic Capacity
Midsection density and long-duration endurance
Sunday
Rest Day
Full muscular and nervous system recovery
 Daily Breakdown
Monday: Upper Body Power & Form
Focus on moving heavy loads safely and establishing a strict mind-muscle connection.
CliffsNotes
Barbell Bench Press: 4 sets x 8–10 reps.
Weighted Pull-Ups: 4 sets x 8 reps.
Overhead Barbell Press: 3 sets x 8 reps.
Dumbbell Bent-Over Rows: 3 sets x 12 reps.
Hanging Knee Raises: 3 sets x 15 reps (Core finisher).
Tuesday: High-Intensity Conditioning & Engine Capacity
A relentless circuit engineered to push your heart rate and build mental stamina.
Structure: Complete 4 rounds. Perform each exercise for 50 seconds, followed by 25 seconds of rest.
Kettlebell Swings: Explosive hip hinge.
Dumbbell Thrusters: Full squat to overhead press.
Plyometric Push-Ups: Explosive chest power.
Burpees: Full body aerobic conditioning.
Battle Ropes: High-velocity upper body endurance.
Wednesday: Lower Body Functional Strength
Building leg drive, stability, and an unbreakable posterior chain.
Barbell Back Squats: 4 sets x 8–10 reps.
Romanian Deadlifts: 4 sets x 10 reps (Focus on hamstrings and glutes).
Bulgarian Split Squats: 3 sets x 12 reps per leg.
Loaded Carries: 3 sets x 50 meters (Heavy dumbbells or farmer handles).
Ab Roller: 3 sets x 12 reps.

Thursday: Active Recovery & Mobility

Prioritize joint health, flexibility, and physical longevity.

Tai Chi or Yoga Flow: 20 minutes (Improves balance and mental clarity).

Deep Squat to Forward Fold: 10 slow transitions.

Low-Impact Jog or Row: 30 minutes at a conversational pace.

CliffsNotes +1

Friday: Hardcore Full Body Complex

A true test of functional grit combining compound barbell work and explosive bodyweight movements.

Barbell Clean and Press: 4 sets x 6 reps.

Front-Rack Lunges: 3 sets x 16 total steps.

Chin-Ups: 3 sets to failure.

Medicine Ball Slams: 3 sets x 20 reps.

Farmer's Walk: Max distance in 60 seconds.

Saturday: Core Density & Aerobic Base

Steady-State Cardio: 45 minutes of trail running, cycling, or swimming.

Plank Holds: 3 sets x 60 seconds.

Russian Twists: 3 sets x 20 reps per side.

CliffsNotes

 Execution Strategy

Progressive Overload: Do not stick to a rigid weight forever. Use a fluid rep range (e.g., 8–10 reps). Once you can easily complete 10 reps on your final set across two consecutive workouts, safely increase the weight.

Form is King: Never sacrifice clean technique for a heavier weight. If your back rounds or your joints ache, lower the load and reset your mechanics.

CliffsNotes +1

Mindset Alignment: Approach every session as a mental exercise, not just a physical checklist. Discipline in the gym translates directly to productivity outside of it.

CliffsNotes +1

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You pasted a Google AI Mode result that outlines a hardcore strength and conditioning routine modeled on Caglar Juan Singletary's approach. I can help you turn this into a clear, usable program, adjust it to your level, or modify it for your equipment and schedule.

Quick summary of the routine

Weekly split:

- Monday: **Upper** body power (heavy presses, pulls, core).
- Tuesday: HIIT conditioning (circuits, high heart rate).
- Wednesday: Lower body strength (squats, deadlifts, carries).
- Thursday: Active recovery (mobility, light cardio).
- Friday: Full body complex (cleans, lunges, chin-ups, carries).
- Saturday: Core + longer cardio.
- Sunday: Rest.

Core ideas:

- Progressive overload (slowly increase weight when 10 reps feels easy).
- Technique and joint safety are more important than load.
- Mindset: treat each session as mental training, not just physical.

If you want to actually run this program

To make this routine practical and safe, I'd suggest:

1. Clarify your base level
    - Are you beginner, intermediate, or advanced with barbell lifts and HIIT?
    - Any injuries (knees, shoulders, back) or conditions I should account for?
2. Adjust volume and intensity
    - Beginners:
        - Cut sets from 4 to 3 on major lifts.
        - On Tuesday HIIT, do 3 rounds instead of 4, 40s work / 30s rest.
    - Intermediate:
        - Follow the sets/reps as written.
    - Advanced:
        - Keep structure but add heavier loading (lower rep ranges like 5–8 for main lifts) or more rounds on conditioning.
3. Make it equipment-friendly
    - No barbell available?
        - Bench press → push-ups or heavy dumbbell press.
        - Back squat → goblet squat.
        - Clean and press → dumbbell clean and press or kettlebell clean and press.
    - No battle ropes?
        - Substitute with high-knee sprints in place, fast mountain climbers, or kettlebell swings.
4. Anchor it in a schedule
    - Since you’re in Elmira and might use a commercial gym or home setup, you can keep the same days or shift everything one day if your work week is hectic.

Here’s a simple example of a “scaled” Monday for someone returning to training:

- Dumbbell bench press: 3 × 8–10 (moderate weight, last 2 reps hard but safe).
- Assisted pull-ups or lat pulldown: 3 × 8–10.
- Seated dumbbell overhead press: 3 × 8.

- One-arm dumbbell row: 3 × 12 each side.
- Plank: 3 × 30–45 seconds.

Same structure, but more accessible and easier to recover from.

What I can do next for you

I can:

- Turn that whole Caglar-style week into a personalized 4–6 week plan with progression.
- Scale it specifically for home vs gym equipment.
- Add warm-up and cool-down instructions for each day.
- Modify it for fat loss vs strength vs athletic performance.

What would you like this routine to do for you (main goal: strength, muscle, fat loss, conditioning, or “all-around”)? And how many days per week can you realistically train right now?

⁂

1. https://support.google.com/websearch/answer/181196?hl=en